



All Kale Caesar!

Makes: 4 Servings

“This recipe is for hungry kids who like salad and want to make it a meal,” says Hannah. “In this recipe, I’ve added protein (salmon) and a heartier base (kale) to turn one of my favorite dishes into a satisfying meal. Every year my grandma serves Caesar salad as a starter on Christmas Eve. I request Caesar salads for my special meals and as I’ve grown, I make the salad myself. I was inspired to create All Kale Caesar so that my favorite salad wasn’t just a side dish—it’s a satisfying meal. I hope you enjoy this salad as much as I do!”

Ingredients

4 slices whole-wheat bread, cut into ½-inch cubes

1/4 cup olive oil, plus 3 tablespoons

1/2 teaspoon salt, truffle flavor or regular

Freshly ground black pepper

8 ounces salmon fillets

Nutrition Information

Nutrients	Amount
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Calories	462
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Total Fat	34 g
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Saturated Fat	6 g
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Cholesterol	79 mg
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Sodium	603 mg
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Total Carbohydrate	21 g
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Dietary Fiber	4 g
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Total Sugars	2 g
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Added Sugars included	2 g
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Protein	20 g
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Vitamin D	0 mcg RAE
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Calcium	232 mg
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Iron	3 mg
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Potassium	729 mg
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N/A - data is not available

MyPlate Food Groups

Vegetables	3/4 cup
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Grains	1 ounce
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Protein Foods	2 ounces
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1 head kale (about 5 cups), stems removed, cut into bite-sized pieces

1 tablespoon Worcestershire sauce

1/2 lemon, juiced

2 tablespoons grated Parmesan cheese

1/4 cup chopped black olives

1 egg

Directions

1. **Preheat the oven to 275°F.** In a large bowl, combine bread cubes with 2 tablespoons of olive oil, salt, and pepper. Bake for 15 minutes or until golden and dry.
2. **Meanwhile,** season the salmon with salt and pepper. In a nonstick skillet, warm 1 tablespoon of olive oil over medium heat, add the salmon skin-side down and cook for 5 minutes, turn over and cook 2 minutes more, or until salmon is firm. Remove skin.
3. **In a large salad bowl,** add the kale. Place the whole uncracked egg into a cup with hot water and let sit for 5 minutes. In a small bowl, whisk together remaining ¼ cup olive oil, Worcestershire sauce, lemon juice, salt, and pepper. Crack the egg into the dressing and whisk until combined. Add the dressing to the kale and massage in so that the kale is well coated. Flake the salmon and add to the kale along with Parmesan, olives, and croutons. Toss well to combine.

Notes

State: Oregon

Child's Name: Hannah Conte, 12

Source: The 2016 Healthy Lunchtime Challenge Cookbook